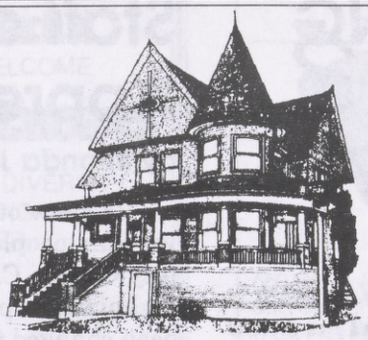
# At The Center



- Being Alive Living Room
- Women's Coming Out Group
- The Lambda Library
- Men's Coming Out Group
- Café Lambda
- Eagles (Gay Seniors Group)
- Project HEAL
- Youth AIDS/Substance Abuse Prevention
- Being Gay Today Cable TV
- Youth Rap Group
- Lambda Players
- S.A.G.L.E.
- Youth Social Night
- Hate Crimes Reporting Project
- Youth Movie Night

**May 1995**

**20th & L, Midtown Sacramento** **Joanna Cassese, Executive Director** **(916) 442-0185 or 447-5755 FAX**

## Flirtations Plus

The Fabulous Flirtations will return for their second concert in Sacramento. Added to their quality camp act is a very mellow womyn, SUEDE! The Flirts are just plain fun. Traditional doo-wap classics have been reworked to become gay sensitive lyrics that will leave you laughing. In addition to doo-wap the group's versatility is demonstrated by everything from salsa to socially responsible ballads. Singing a Capella ain't easy...yet these guys pull it off with class. A few years ago they made their debut at the Palms in Davis. Since then, they have come a very long way performing at Stonewall and recently appearing in the Academy Award winning film "Philadelphia".

Their newest member SUEDE brings a "Billy Holiday" voice and style to the group. She performs with the guys and does her own solo numbers.

Flirts and SUEDE will be performing Sunday, May 14, 8:00 p.m. at the CREST Theater. Tickets are $18.00 and may be purchased at Lioness Books (442-4657), the Grove Records in Carmichael (485-2477), the Gifted Gardener (447-5956), and Bass Ticket Outlets. For further information call the Lambda Community Center at 442-0185.

**Fabulous Flirtations**

***With Special Guest***

**SUEDE**

## Finger Food with the Flirts

How'd ya' like to get up close and personal with the Flirtations and their newest member, SUEDE? Ya' can! On Sunday, May 14, 1995 from 2:00 - 4:00 p.m., a reception for the Flirts & SUEDE will be held at the home of Russ Marsh and James Ozanich -- located in beautiful "Fuchsia Flats". Fabulous finger food and "trendy waters" will be provided by caters "Salt and Pepper". A no host bar will be "manned" by pledges from Delta Lambda Phi.

Tickets for the reception are $50.00 and include a ticket for the concert at 8:00 p.m. that evening. Only fifty tickets are available and may be purchased at the Gifted Gardener or the Lambda Community Center. For more information call the Lambda Center at 442-0185 or Larry Hoover at 753-0424 (Davis).

### *The Fabulous Flirtations*

Sunday, May 14, 1995
Crest Theater - 8:00 p.m.
$18.00 General Admission

Tickets available at:
- Lioness Books
- Grove Records
- The Gifted Gardener
- Lambda Community Center
- Bass Tickets

### *FINGER FOOD WITH THE FLIRTS*

Sunday, May 14, 1995
2:00 - 4:00 p.m.
$50.00 per person
*Only 50 tickets available*

Tickets available at:
- The Gifted Gardener
- Lambda Community Center

# SWAT TEAM FORMING

Long in the tooth? Belong to AARP? Been there and done that? Got tons of experience and insight into life's mysteries?...and enough time and energy to take on a few projects?

Well girl, throw down that afghan! The **SWAT** team is forming. ***Seniors With Available Time*** **(SWAT)** is a new group of six to ten volunteers who will be working directly with the Lambda Community Fund Board President, Larry Hoover on a wide range of short term projects. The **SWAT** team will meet on the first Thursday of each month at 5:00 p.m. at the Center. The first organizational meeting will be Thursday, May 4, 1995, at 5:00 p.m.

If you are interested and available call Larry Hoover at 753-0424 or Rhonda Johnson, Volunteer Coordinator, at 442-0185.

# Friends

**by Larry Hoover**

Communities grow stronger when friends help friends, and stronger yet when an act of friendship is rewarded with a sincere "thanks". The Center has its friends, who deserve our thanks.

Thanks to Fred Palmer for his nonstop fundraising efforts for the Center and our Community...to K.J. of the Transgender Community for the recent donation of a printer...to Terry Sidie and C.G.N.I.E. for their advise, support and continuing interest...to Bud Long for his "spontaneous" $1,000 check...to Ann J. Jones for being the first person to voluntarily call and pledge $20.00 monthly for our "Raising the Roof" campaig...to Joe Garrett for all his time on the Youth Advisory Board and the Building Committee...to the two dozen volunteers working on the Freedom Fair...and particularly to Justin, Lance, Mickie, Robert, Michael, James, Robert, Chris, and the gang who do volunteer phone work ...and take lots of #^$%.

I could go on, and will, in other issues. We really need and depend on you! The time, energy, and nonstop dedication you provide are truly appreciated. Again, Thank You!

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MFC #30303

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Carmichael, CA 95608

# Staff and Volunteer Appreciation

**by Rhonda Johnson**

To show our appreciation for all those dedicated, hard working people, a joint committee of the Lambda Community Center, CARES and Sacramento AIDS Foundation is organizing a picnic (BBQ). The location of the picnic has been changed to South Land Park on May 21st for all staff, current volunteers and families of the three centers. Hamburgers and hot dogs will be provided; we ask those of you who bring family members to bring a side dish to ensure adequate food. During the picnic everyone will be encouraged to mingle, get to know one another, make new friends, join a volleyball or softball team to compete for awards, or just sit, relax and enjoy the atmosphere.

Following the BBQ we are inviting the public and media to join us in a candlelight vigil representing and remembering all the loved ones we have lost to the AIDS virus. If you would like to be on an organizational committee for the picnic, please contact me at the Center (442-0185).

In order for us to ascertain approximately how many teams we need for volleyball and softball, I ask that you please sign up in advance at one of the three locations stated above. We look forward to seeing you there!

# The Senior Health Column

**Where You Get Monthly Health Tips and Answers to Your Health Questions**
**By Patti Gould, M.P.H.**

**Monthly Health Tip:**
**"May You Always Feel Young!"**

Did you know that staying healthy and feeling great depends a lot on you? Good health in your later years should not be left to chance. Aging doesn't have to mean illness and limited activity. As this is Older Americans' month, now is a great time to focus on your health. For more information about staying healthy, call 366-4469 or write to the address below and ask for your FREE copy of "What You Should Know About Physical Health in Later Years".

If you have a question about staying as healthy and active as possible or have a success story from making healthy choices in your life, please write to: "The Senior Health Column" 3701 Branch Center Road, Rm. 203A Sacramento, CA 95827

Some success stories and questions and answers will be included in future issues of "The Senior Health Column".

*Provided by the County of Sacramento Department of Health & Human Services' Senior Health Education Program with funding from Area 4 Agency on Aging*

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**SACRAMENTO WOMEN'S CHORUS**

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The Lambda Community Center's

**YOUTH ADVISORY BOARD**

is looking for both youth and adult members

If you're interested, please contact **Brian Craig** at **442-0185**

## Pancake Report

Although some folks moved to the next larger size in their zeal to support our Pancake Breakfast, we did raise $432.00 which will be used as seed money for the Freedom Fair. Special thanks to the many organizations who supplied servers for the event.

# So What's Capital Quarterly?

One of the Newsletter supporters and soon to be advertisers is Capital Quarterly. The brainchild of Fred Palmer, Capital Quarterly produces events for the entire community to come together to celebrate our lives. Past events have raised much needed funds for community organizations and include an Annual trip to Disneyland, Napa Valley, Spirit of Sacramento Riverboat Cruise and more. The 1995 lineup includes Maui, S.F. Pride Party, L.A. Pride Weekend, of course a booth at our own Lambda Freedom Fair, Napa II, Catalina Island Weekend, Disney III and much more to come. Also don't forget about Club CQ Wednesdays. A portion of each ticket sold goes to support one or more of our community's groups.

*Celebrity*

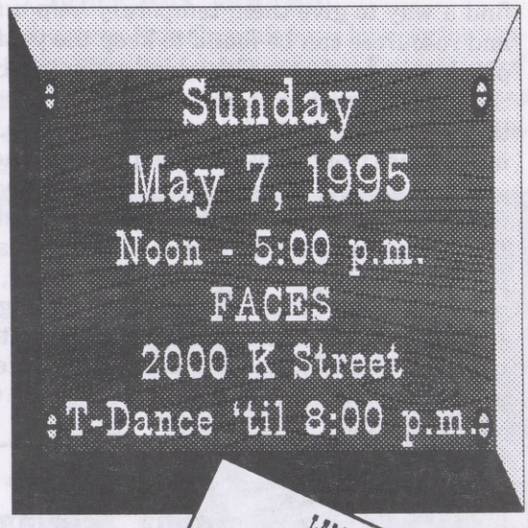
# CHILI COOK-OFF & Beer Bust

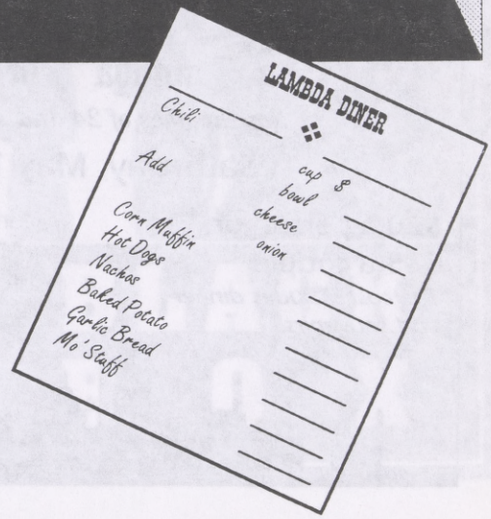
**Be entertained by some of our own gay leaders cooking their favorite chili recipes in "DRAG!"**

**This benefit for the '95 Lambda Freedom Fair will offer a hilarious time and a full "Chili" Restaurant menu on which to fill up.**

***Chili Tasting- $1.00***
***Beer Tasting - $1.00***

***Or Order a Sit-Down Meal off our Menu.***



# "Throw Away" Youth

**by Brian Craig**

It never ceases to amaze me the way that some parents treat their own children. The statistics for gay, lesbian, and bisexual youth are just amazing to me. Half of all gay, lesbian, and bisexual youth report their parents rejected them due to their sexual orientation. An even scarier reality is that twenty-six percent of gay youth leave home because of conflicts over their sexuality. These youth are some of the homeless people we pass on the street. It saddens me to think this is how they will spend their teenage years, maybe lives. An even harder reality for me is that there is not a lot I can do for some of the youth that come to me for help. The underfunded welfare system can not recognize verbal and emotional abuse as viable reasons to take children from their homes, but as some of us know these types of abuse can be just as or even more damaging than physical abuse. Because of these harsh realities I have had to throw OUR youth on the streets because there is nowhere for them to go.

*26% of all gay youth leave home because of conflicts over their sexuality.*

Thanks to a very informative resource, there could be hope for these young people yet. If there are people that are willing to open their homes to these youth that have no place to go, give me a call so we can discuss options. Maybe we can find a way to give them temporary help until other options and resources can be found to keep the youth safe. I'm sure people are wondering if they can get in trouble for doing such things. The answer is "no". There are ways to work around the system and make it work for our youth. We are not trying to cause trouble. We just want to give these "throw away" youths a future. The truth is that I really don't like doing things the way that they have to be done either, but think of the youth and what kind of choices they have. I don't mean to keep sounding like a Sally Struthers ad, but these young people do need our help to make something of their lives. If you have further questions or would like to volunteer your time and heart, please call me at the Center at 442-0185. I appreciate your help in advance as I'm sure the "throw away" youth will also.

*The Lambda Community Center Presents:*

**a Lambda Formal**

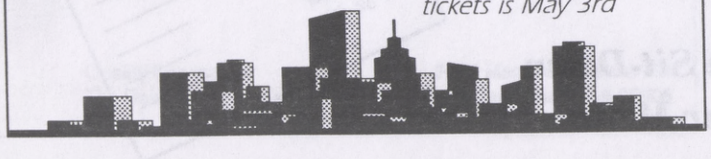
*For the ages of 24 and under.*

**Saturday, May 13**

**$20 a person or**
**$35 a couple**
*The cost includes dinner and souvenirs.*

Contact **Brian Craig** at **442-0185** for more information

*Deadline to purchase tickets is May 3rd*



# Learning to Soar...

**by Roy Bishop**

Twenty-four members of the EAGLES group attended the April potluck held at the Lambda Center. Besides having a good time eating and visiting with one another, the guest speaker, psychologist Dr. Rob Roy Woodman, made the evening more memorable with his discussion of common issues of concern with us. And he had some practical recommendations for dealing with them. Depression (very common and a generic term for a variety of complaints), sleeping disorders, substance abuse, relationship issues...you name it, we discussed it! Dr. Woodman is particularly interested in the senior population and serves as a consultant to the Mental Health Association. If you want to know more, call him...he's in the book and has an office in the downtown area.

Our special interest groups are continuing to meet each week. Call Larry (991-2420) if you are interested in joining the walkers and Roy (641-8460) if you want to enjoy a leisurely bicycle ride with others. Bil (927-2029) will help set up special nights for bridge players to do their thing!

At the time this article was submitted for publication the monthly table game night hadn't happened. It is the fourth Wednesday of every month, 6:30 P.M., at the Center. We usually have a couple of tables of bridge layers, a backgammon table and can accommodate other games of skill (Dominoes or Chess anyone?). Light refreshments and conversation for those who want to just do that is all right too.

Several of us have been talking about starting a new special interest group. One dealing with whatever is on our mind at the time. We plan to bring it up for discussion at the next potluck, to get some input and sense of whether the group likes the idea.

Speaking of potlucks, Dee has volunteered to be our contact and idea person for the potlucks. She is thinking about suggesting themes for the menu, from time to time. Call her (443-2377) with your ideas and suggestions. How about a Mexican theme for May in honor of Cinco de Mayo? Our potluck is scheduled at its regular time, 6:30 P.M., the second Wednesday of the month (May 10), at the Center. Our guest this month will be writer, Paulette Jacobson, coauthor of, *Letters From the Closet.* Be sure to be there. Paulette is "known for her quick wit and humor." If you've read her book you also know she has depth and style!

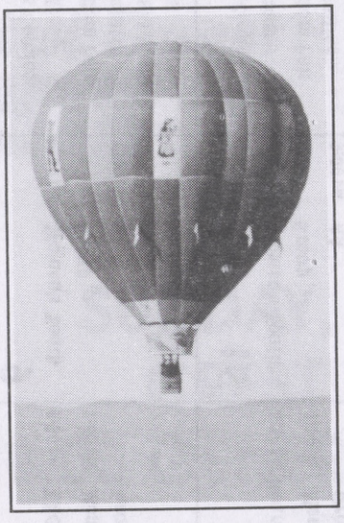
The EAGLES program is designed with seniors in mind, but if you see something going on that you would feel comfortable in going to or participating in, feel free to assert yourself and join us.

***The Board of Directors & staff of the Lambda Community Center would like to offer Congratulations to the Board & staff of AVALON on their opening. Thank You!***

# Freedom Fair '95 Pushes Forward

by Kevin Cohee

The '95 Lambda Freedom Fair is holding another fundraiser on May 7th at Faces. It'll be a Celebrity Chili Cookoff and Beer Tasting from 12 noon 'til 5:00 p.m. and T-Dance will follow. Everyone who enjoyed the Pancake Breakfast will surely return for another fun time. Try Ted Ross's own Chili recipe and then sit down to a heaping bowl of the Lambda Chili with a hot dog or nacho's or even a baked potato. We'll be serving Elephant Red, Red Wolf plus several other fine lagers and ales. The tastings are only $1.00 each!



Also for $1.00 each are the raffle tickets for a Hot Air Balloon ride over the Woodland Valley. Thanks to Gordon Tamplin, the tickets will be for sale at the Valley Bears booth at the Lambda Fair. You won't miss their booth, it'll be a 65' balloon with an Emerald City scene and all the Oz characters! Ooh, Aaah!

Well all you Star Chasers, as our headline entertainers we have for live from New York..."BLACK BOX"! Both stage schedules are jam packed with local talent from bands to comedians. Near the south steps and more shaded, you will find the Beer Garden and only a few feet from the dance area.

Dave Moore joined the site committee and has brought on Sammy Van Galder to help sell Rainbow Flags that have been officially flown on the State Capitol as their fundraiser. To order yours, call 451-3505 now! Mr. Doug Lewis is the FUN-draiser of this years fair committee and is really incredible, yet needs help with 3 of his booths at the fair. Leave a message for him if you love dogs and want to know more. If you just can't wait to join our team, leave Sean Lackey a message, he'll really put you to good use. We are still looking for organizations and businesses to have an event between June 1st and the 9th, call James Ozanich at 925-4242. If it's in time, Michael Kramer may use it in one of our press releases. All Booth, Event and Ad Deadlines are May 18!

A special Thanks to Miz Chris McKillop our secretary and Mizter Bill Whiting, our Treasurer for your dedication! Then there's Cindi Matsumoto, Akilah Jaye, Lin Tobin, Mike Tentis and Charlie Mauer to be indebted to. I'll tell you all about the other 50 people working hard on the Fair in the printed program. Will your name be mentioned? We meet every Monday at 6:30 p.m. at the Lambda Center. PLEASE, Call 442-0185 to get involved.

## Freedom Fair Volunteers Needed

Calling for Volunteers for the Lambda Freedom Fair! We need **individuals** and **couples** to volunteer 3 hours per shift during the Fair on June 10th. Please call and leave your name and telephone numbers at 442-0185. It's a rewarding and fun time (free admission too).

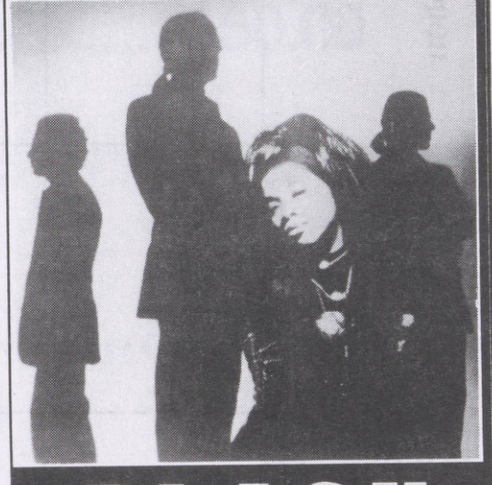
## Entertaining "Characters" Sought

The Lambda Freedom Fair Committee is looking for "costumed Characters" or "Individual Costumed Entertainers" to roam the Fair. If you're interested in sharing your talent or look, please call 442-0185 and leave your name and telephone number for Paul Curtis.


LAMBDA Freedom FAIR 10

Featured Entertainers Live From New York

On the Main Stage



Plus tons of other entertainment

Saturday, June 10, 1995

10:00 AM - 6:00 PM

BLACK BOX

# May 1995

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|---|---|---|---|
| | **1**<br>5:30 PM Men's Coming Out Group<br>6:30 PM Freedom Fair Committee | **2**<br>6:30 PM Women's Youth Group<br>8:00 PM AA | **3**<br>7:00 PM Men's Focus Group<br>6:00 PM Hotline Training | **4**<br>2 - 5 PM Being Alive Living Room<br>6:00 PM Women's Coming Out Group<br>7:30 PM CODA | **5**<br>5:45 PM Youth Group<br>8:00 PM Café Lambda | **6**<br>10 AM - 7 PM Hotline Training<br>8:00 PM Youth Social |
| **7**<br>11:00 AM AA | **8**<br>5:30 PM Men's Coming Out Group<br>6:30 PM Freedom Fair Committee<br>6:30 PM Youth Advisory Board | **9**<br>6:30 PM Women's Youth Group<br>8:00 PM AA | **10**<br>6:30 PM EAGLES Potluck<br>7:00 PM Men's Focus Group | **11**<br>2 - 5 PM Being Alive Living Room<br>6:00 PM Women's Coming Out Group<br>7:30 PM CODA | **12**<br>5:45 PM Youth Group<br>8:00 PM Café Lambda | **13**<br>2 - 5 PM Co-Gender Group<br>8:00 PM Youth Social |
| **14**<br>11:00 AM AA<br>6:00 PM Gay Fathers of Sacramento | **15**<br>5:30 PM Men's Coming Out Group<br>6:30 PM Freedom Fair Committee<br>8:00 pm Transgender Community Group | **16**<br>6:30 PM Women's Youth Group<br>8:00 PM AA | **17**<br>6:30 PM Board of Directors<br>7:00 PM Men's Focus Group<br>7:00 PM Film Festival Committee | **18**<br>2 - 5 PM Being Alive Living Room<br>6:00 PM Women's Coming Out Group<br>7:30 PM CODA | **19**<br>5:45 PM Youth Group<br>8:00 PM Café Lambda | **20**<br>9 AM - 4:30 PM Traffic School<br>8:00 PM Youth Social |
| **21**<br>11:00 AM AA | **22**<br>5:30 PM Men's Coming Out Group<br>6:30 PM Freedom Fair Committee | **23**<br>6:30 PM Women's Youth Group<br>8:00 PM AA | **24**<br>6:30 PM EAGLES Game Night<br>7:00 PM Men's Focus Group | **25**<br>2 - 5 PM Being Alive Living Room<br>6:00 PM Women's Coming Out Group<br>7:30 PM CODA | **26**<br>5:45 PM Youth Group<br>8:00 PM Café Lambda | **27**<br>8:00 PM Youth Social |
| **28**<br>11:00 AM AA | **29**<br>5:30 PM Men's Coming Out Group<br>6:30 PM Freedom Fair Committee | **30**<br>6:30 PM Women's Youth Group<br>8:00 PM AA | **31**<br>7:00 PM Men's Focus Group | | | |

CAFÉ LAMBDA

May 5th - Open Mic
May 12th - Boys Night Out
May 19th - Game Night
May 26th - Kathy Carlisle - Artist Reception

**Upcoming Events:**

| | | |
|---|---|---|
| May 7 | - | Celebrity Chili Cook-Off |
| May 14 | - | Fabulous Flirtations |
| June 1-10 | - | "10 Days of Pride" |
| June 9 | - | Lambda Awards Dinner |
| June 10 | - | Lambda Freedom Fair |

# Fabulous Flirtations

*With Special Guest*

## SUEDE

## SUNDAY, MAY 14TH
## CREST THEATER
## $18.00 GENERAL ADMISSION

---

**Mail Order --- the Flirts --- Mail Order**

**So Choose One!**

❑ **Finger Food with the Flirts ..... $50.00**

Only 50 Tickets Available
2:00 - 4:00 p.m. Sunday, May 14, 1995
Includes concert ticket

❑ **Concert Only ..... $18.00**

8:00 p.m. Sunday, May 14, 1995
Crest Theater

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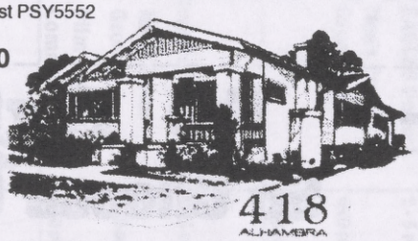


**A Sincere Apology to a Cherished Friend:**

In the April Issue of *"At The Center"* the incorrect advertisement was run for Sports Leisure Travel. The staff of *"At The Center"* would like to take this opportunity to sincerely apologize to Mr. Mark Hoffman and want to emphasize that neither he, nor his staff were in any way responsible for this error.

Mr. Hoffman and Sports Leisure Travel have been longtime supporters of the Lambda Community Center and we regret having made this error.

To all our current and prospective advertisers, let me assure you our staff will be taking extra care to not let this type of error occur in the future.

Thank You for your continued support.

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